Therapeutic Renewal Yoga

Thomas G. Crowder Woodland Center

Join this class to experience yoga from a perspective of wellness and wholeness.

Stretch. Breathe. Release tension. Thought you couldn't do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques, and relaxation practices.

Dates: Tuesdays

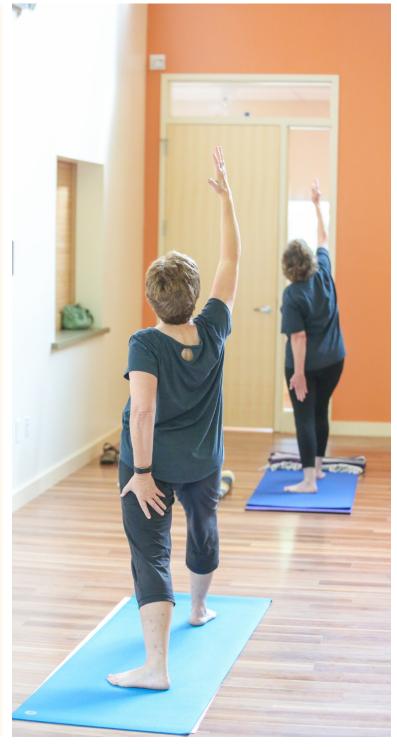
Jan. 2 - Feb. 20 #214232 Mar 6 - Apr. 24 #214233

Time: 9:30 - 11AM

Ages: 16 and up

Cost: \$80 Residents, \$95 Non-residents

Instructor: TJ Martin





Thomas G. Crowder Woodland Center 5611 Jaguar Park Dr. Raleigh NC 27606

Email: LJWoodlandCtr@raleighnc.gov Phone: 919-996-3141

